



Dear Friend,

I hope you are doing well. These times are uncertain, but the one thing that is certain is our sense of community and the people who have come together to ensure you are healthy, safe and have the resources you need.

There is so much information going around, I wanted to send a printed copy of important facts and other essential information you can keep on hand that our friends at AAHAA have provided. You will also find a document that has a list of churches in the area that are all here to help.

Antioch Township has also put a taskforce of community members in place to be a friend to anyone who might need help getting groceries, prescriptions or other essential items during the “shelter in place” order happening throughout Illinois.

If you would like to be connected with a Taskforce Friend, please call me anytime at 847.460.2791 and I'll connect you with one of our volunteers who can do weekly check-ins to make sure you remain healthy and strong.

I hope you are enjoying a book, taking walks, talking with friends, and putting your health above all things. I cannot wait until our programs are able to begin again, but for now, all events and programs are on hold. If you paid for programs that are cancelled, we will reimburse you in the coming weeks.

God bless you and please call me directly with any questions, concerns, or just to talk.

Sincerely,

Courtney Kotloski
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Tom Shaughnessy
Supervisor
847-395-3378

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Trustees
Judith Davis
Steve Turner
Peter Grant
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March 25, 2020

To our friends and neighbors:

AAHAA is distributing this resource guide to inform you and help you find assistance during our current national health crisis. We are here for you and will continue to help you access valuable resources in our community.



Coronavirus – COVID 19

Is a highly contagious disease caused by a new coronavirus.
It can have serious complications.

This is a National Emergency.

Recommendations & Information are evolving.

Please contact AAHAA with any questions or needs!

If you have symptoms of respiratory illness such as fever, cough, shortness of breath, **stay home and call your doctor**. Distance yourself from others in the household and if possible, stay in your own bedroom and use your own bathroom. Seek medical care right away if your illness is worsening (for example, you have difficulty breathing).

DO NOT walk into a healthcare facility, urgent care clinic, or hospital before calling.

Residents who **do not** have a primary care provider can contact the Lake County Health Department and Community Health Center. Call (847) 377-8800 and explain your symptoms. **Choose option 1**

Call 911 if you are having a medical emergency & alert dispatch if you have respiratory symptoms.

Prevent Infection & Prevent the Spread

- On March 20th, Illinois Governor J. B. Pritzker ordered Illinois residents remain in home except for essentials to prevent the further the further spread of COVID-19.
- The Lake County Health Department urges the community to stay home unless leaving is absolutely necessary.
- Clean hands often with soap & water (20 seconds) or use hand sanitizer at least 60% alcohol.
- Avoid touching your eyes, nose, mouth with unwashed hands.
- Cover your cough & sneeze with tissue or your elbow.
- If you must leave the house, it is very important to practice social distancing and keep 6 feet between yourself and others.
- Call to check on family, neighbors, and older adults instead of visiting. Check with your healthcare provider about telehealth options.

HOTLINES & MORE INFORMATION

*Antioch Area Healthcare Accessibility Alliance

(847) 395-2809

*Lake County Health Department

(847) 377-8800

*Illinois Covid – 19 Hotline

(800) 889-3931

*Northshore Community Health Hotline

(847) 432-5849

*Advocate Health COVID Hotline

(866) 443-2584

*Illinois Department of Employment Security

(800) 244-5631

Unemployment benefits may be available to some individuals whose unemployment is attributable to COVID-19.

www2illinois.gov

HERE TO HELP

*Antioch Township Senior Task Force

Task Force Coordinator-Courtney Kotloski

Personal shoppers for groceries, prescriptions, and errands.

(847) 460-2791

ckotloski@antiochtownshipil.gov

LOCAL FOOD PANTRIES

*Open Arms Food Pantry (Antioch)

1548 Main Street, Antioch on Rt. 83

Tuesday, Wednesday & Thursdays 4:30pm-6:30pm

Food Distribution directly to cars to ensure safety to everyone- drive-up

(847) 395-0309

*Northern Illinois Helping Hands Food Pantry (Spring Grove)

2502 Spring Ridge Drive, Spring Grove, in the Intermatic parking lot

Tuesdays or Thursdays from 3pm- 6:30pm

Food Distribution directly to cars - drive-up

(815) 245-7345

PHARMACY NEEDS

*Walgreens (Antioch) Weekdays 9am-9pm

283 W, IL-173, Antioch

Senior Shopping Hours: Tuesdays 8am-9am

Free delivery & no minimum purchase

Prescriptions, and everyday items

Drive-thru shopping for general store items

(847) 395-0337
walgreens.com

*CVS (Antioch) 8am-8pm & Pharmacy Hours 9am-8pm

983 Illinois Rte 59, Antioch

Free delivery (1-2 days) of prescriptions and everyday items

(847) 395-5691
www.cvs.com

GROCERIES

*Jewel/Osco (Antioch) 6am-10pm & Pharmacy Hours 9am-8pm

966 Rte. 59, Antioch

Senior Shopping Hours: Tuesdays & Thursdays 7am-9am

Delivery and pickup available, may be delayed

(847) 395-7363
www.jewelosco.com

*Piggly Wiggly (Antioch) 6am-10pm

460 Orchard Street, Antioch

Hours for all general public

(847) 395-7842
shopthepig.com

*Walmart Supercenter (Antioch) 6am-11pm

475 East, IL-173, Antioch

Hours for all general public

Grocery pick-up may be delayed

(847) 838-2148
www.walmart.com

*Aldi (Antioch) Monday - Friday 9am-7pm

1390 Deep Lake Road, Antioch

Seniors, expectant mothers, & underlying conditions:

Tuesday & Thursdays 8:30am-9:30am

(855) 955-2534
www.aldi.us

*Dollar General (Antioch) 8am-8pm

488 Orchard Street, Antioch

Hours for all general public

(224) 259-2818

VETERINARIANS THAT ARE OPEN

*Antioch Animal Hospital Monday - Friday 7:30am-5pm & Saturday 8am-4pm

(847) 395-0636

*Fox Lake Animal Hospital Monday- Friday 9am-6pm & Saturday 8am-2pm

(847) 587-0505

Please call in advance.

A staff person will come out to your car to take your pet inside, administer treatment and return them to you in your car.

Official Public Notice:

In light of the COVID-19 concerns, seven churches in Antioch, Lake Villa and Lindenhurst are joining together to offer free assistance to any seniors in this area who could use help with grocery shopping and/or picking up prescriptions.

Seniors may call any of the church numbers listed below and describe their need. We will then have someone in our congregation (congregant) contact them. The senior may give the congregant a list over the phone or the internet. The congregant will then do the shopping and deliver the items to the senior's door. They will only enter the home if the senior is unable to transport the goods inside.

The senior will need to pay the congregant in cash or check for the exact amount of the items delivered (they will be given the original sales receipt with the amount listed). There will be no delivery charge and no tips will be accepted.

For prescription drugs, the senior will need to pay for the Rx over the phone or online, and then authorize the congregant to pick it up.

For more information or to receive help, please call one of the following numbers:

- Calvary Chapel (Lake Villa) at 847-265-0646
- Chain of Lakes Community Bible Church (Lake Villa) at 847-838-0103
- Christian Life Fellowship (Antioch) at 847-395-8572
- Hope Community Church (Lake Villa) at 847-265-0551
- Liberty Community Church (Lindenhurst) at 847-356-9336
- Northbridge Church (Antioch) at 847-838-0800
- St. Mark Lutheran Church (Lindenhurst) at 847-356-8140

If no one answers, please leave your name and number and someone will call you within 24 hours.

Please feel free to pass this information on to any senior in our area who you know who might have a need. Thank you & be safe!